

**Report Date:** 12 Aug 2014

**Summary Report for Individual Task**  
**805P-COM-1109**  
**Perform Conditioning Drill 1 (CD1)**  
**Status: Approved**

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**Distribution Restriction:** Approved for public release; distribution is unlimited.

**Destruction Notice:** None

**Foreign Disclosure: FD5** - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

**Condition:** Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

**Standard:** Perform Conditioning Drill 1, completing all the prescribed exercises so each exercise is performed:

- (1) in the proper sequence.
- (2) using movements precisely as described.
- (3) using the correct cadence.
- (4) without causing injury to personnel.
- (5) in accordance with FM 7-22, Chapter 9.

**Special Condition:** None

**Safety Risk:** Low

**MOPP 4:** N/A

<b>Task Statements</b>
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**Cue:** None

## DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

## WARNING

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

## CAUTION

Conduct visual reconnaissance of training area before execution of this drill.

**Remarks:** None

**Notes:** None



## Performance Steps

1. Exercise 1: Perform the Power Jump IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: At the starting position, tighten the abdominals to stabilize the trunk.

CHECK POINT 2: On counts 1 and 3, keep the back generally straight with the head up and the eyes forward.

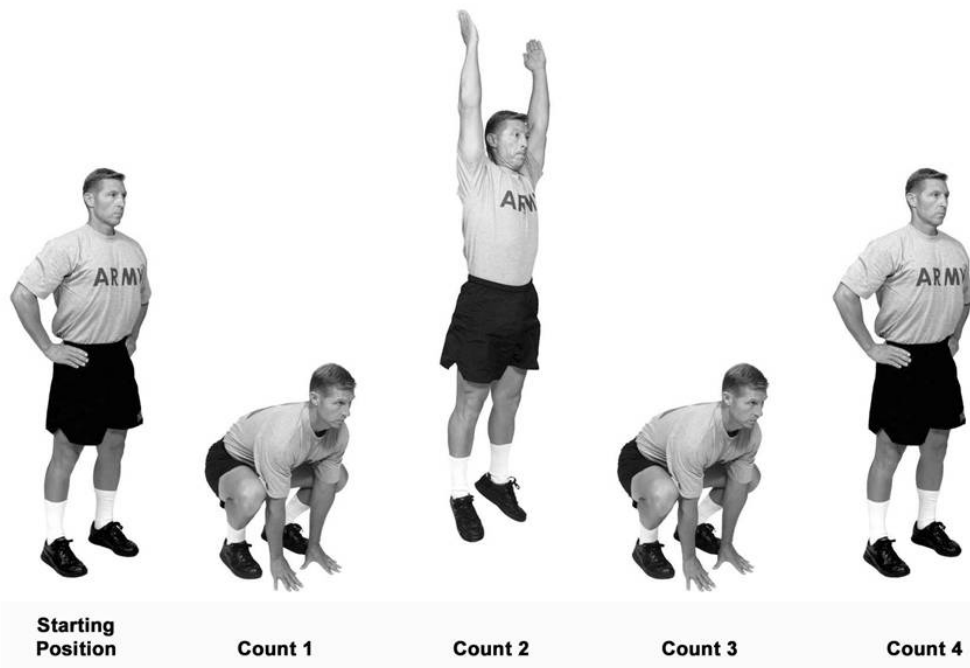
CHECK POINT 3: On count 2, the arms are extended fully overhead. The trunk and legs are in line.

CHECK POINT 4: On each landing, the feet are directed forward and maintained at shoulder distance apart. The landing is soft and proceeded from the balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet are demonstrated on each landing.



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## Power Jump



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### Exercise 1

#### Conditioning Drill 1: Exercise 1

- Assume correct starting position: straddle stance with hands on hips.
- Count 1: Raise legs while rotating on to the left buttock and draw the knees toward the left shoulder.
- Count 2: Return to the starting position.
- Count 3: Repeat count 1 in the opposite direction.
- Count 4: Return to the starting position.
- Perform the Power Jump using a MODERATE cadence.

2. Exercise 2: Perform the V-Up IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: At the starting position, tighten the abdominal muscles to tilt the pelvis and the lower back toward the ground.

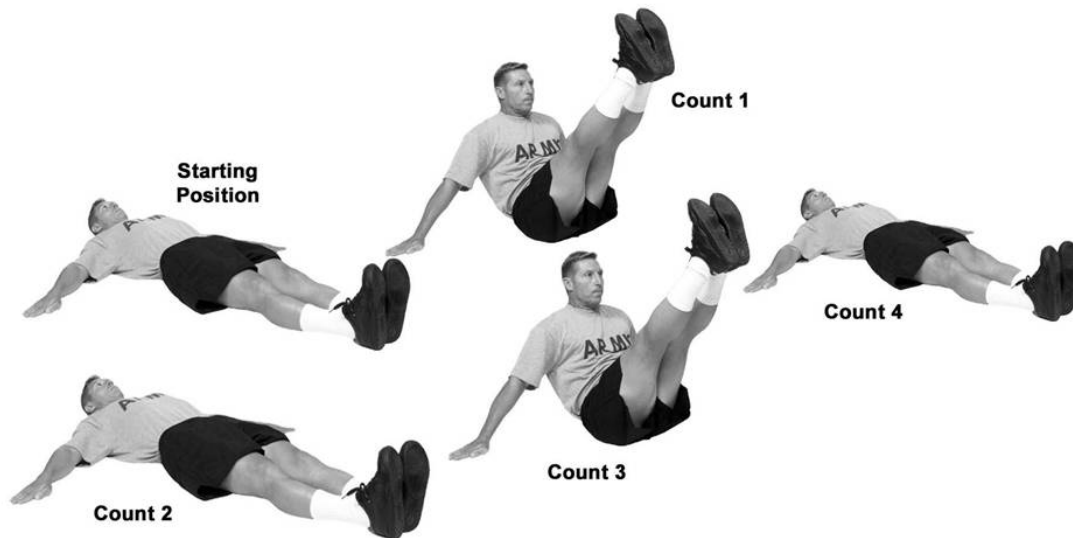
CHECK POINT 2: On counts 1 and 3, straighten the knees and trunk and align the head with the trunk.

CHECK POINT 3: On counts 2 and 4, lower the legs to the ground in a controlled manner so as not to injure the feet.

PRECAUTION: To protect the spine, do not jerk the legs and trunk to rise to the V-position.



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**V-Up**



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**Exercise 2**

**Conditioning Drill 1: Exercise 2**

a. Assume correct starting position: supine, arms were on ground 45 degrees to the side, palms faced down. The chin is tucked and the head is 1 to 2 inches off the ground.

b. Count 1: Raise straight legs and trunk to form a V-position, using arms as needed.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

f. Perform the V-Up using a MODERATE cadence.

3. Exercise 3: Perform the Mountain Climber IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: The hands are directly below the shoulders with the fingers spread (middle fingers pointing straight ahead) with the elbows straight, not locked.

CHECK POINT 2: To prevent the trunk from sagging, contract and hold the abdominals throughout the exercise. Do not raise the hips and buttocks when moving throughout the exercise.

CHECK POINT 3: Align the head with the spine and direct the eyes to a point about two feet in front of the body.

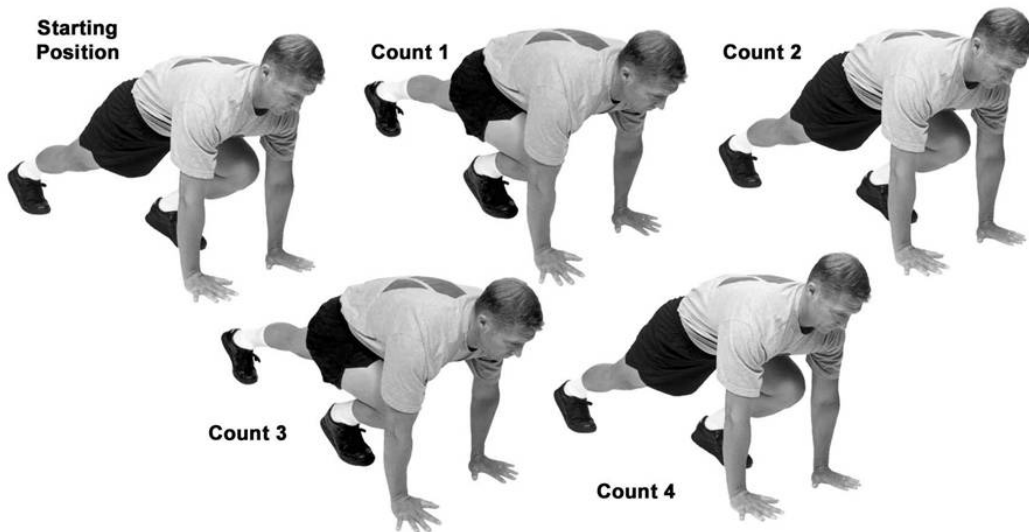
CHECK POINT 4: Throughout the exercise, remain on the balls of the feet.

CHECK POINT 5: Move the legs straight forward and backward, not at angles.



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# Mountain Climber



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## Exercise 3

### Conditioning Drill 1: Exercise 3

- Assume the correct starting position: front leaning rest position with the left foot below the chest and between the arms.
- Count 1: Push upward with the feet and quickly change the positions of the legs.
- Count 2: Return to the starting position.
- Count 3: Repeat the movements in count 1.
- Count 4: Return to the starting position.
- Perform the Mountain Climber using a MODERATE cadence.

#### 4. Exercise 4: Perform the Leg-Tuck and Twist IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: At the starting position, tighten the abdominals to stabilize the trunk.

CHECK POINT 2: On all counts, keep the legs and knees together.

CHECK POINT 3: On counts 1 and 3, the head and trunk remain still while the legs move.

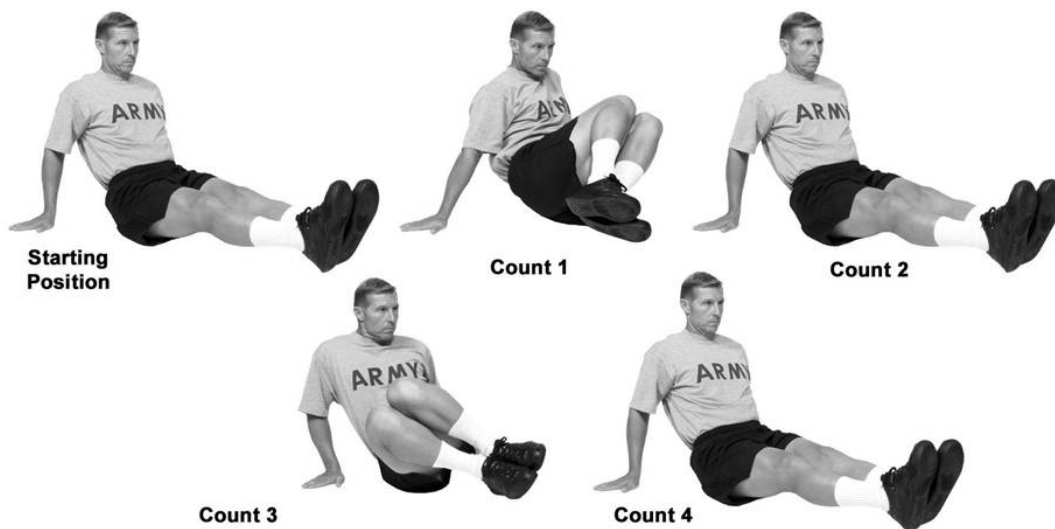
CHECK POINT 4: On counts 1 and 3, the legs are tucked (bent) and aligned diagonal to the trunk.

PRECAUTION: To protect the back on counts 1 and 3, avoided jerking the legs and trunk to achieve the end position.



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## Leg-Tuck and Twist



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### Exercise 4

#### Conditioning Drill 1: Exercise 4

a. Assume the correct starting position: Seated with trunk straight but leaning backward 45 degrees, arms straight and hands on ground 45 degrees to the rear with palms down. Legs were straight, extended to the front, and 8 to 12 inches off the ground.

b. Count 1: Raise legs while rotating on to the left buttock and draw the knees toward the left shoulder.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1 in the opposite direction.

e. Count 4: Return to the starting position.

f. Perform the Leg-Tuck and Twist using a MODERATE cadence.

5. Exercise 5: Perform the Single-Leg Push-Up IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: Perform a squat thrust to move into the front leaning rest. Keep the body straight from head to heels. Support the body weight on the hands and balls of the feet.

CHECK POINT 2: The fingers are extended and spread so the middle fingers point straight ahead and are directly in line with the shoulders.

CHECK POINT 3: On counts 1 and 3, the upper arms stay close to the trunk.

CHECK POINT 4: On counts 2 and 4, straighten but do not lock the elbows.

CHECK POINT 5: On counts 1 and 3, the raised leg is straight and aligned with the trunk.

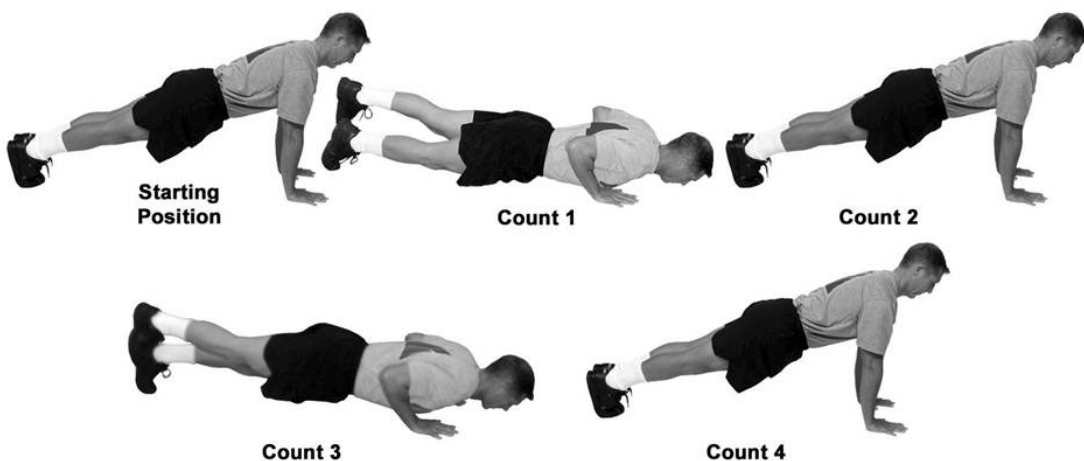
CHECK POINT 6: To keep the trunk from sagging, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

PRECAUTION: Do not jerk the leg being raised on counts 1 and 3. Also do not raise the leg higher than straight alignment with the trunk, as this may place undue stress on the back.



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## Single-Leg Push-Up



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### Exercise 5

#### Conditioning Drill 1: Exercise 5

- Assume the correct starting position: front leaning rest position.
- Count 1: Bend the elbows, lowering the body until the upper arms are parallel with the ground while raising the left leg 8-10 inches off the ground.
- Count 2: Return to the starting position.
- Count 3: Repeat count 1, brought the right leg to 8-10 inches off the ground.



e. Count 4: Return to the starting position.

f. Perform the Single-Leg Push-Up using a MODERATE cadence.

(Asterisks indicates a leader performance step.)

**Evaluation Guidance:** Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly.

**Evaluation Preparation:** Any dry, level area of adequate size is satisfactory for the performance and evaluation of CD1. Soldiers should wear ACUs with boots or the IPFU. The uniform should be appropriate for the activity that will follow the CD1. For example, when the activity is Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed the Power Jump.			
a. Assumed correct starting position: straddle stance with hands on hips.			
b. Count 1: Squated with the heels flat as the spine rounded forward to allow the straight arms to reach to the ground, attempting to touch with the palms of the hands.			
c. Count 2: Jumped forcefully in the air, vigorously raising arms overhead, with palms facing inward.			
d. Count 3: Controlled the landing and repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the Power Jump using a MODERATE cadence.			
2. Performed the V-Up.			
a. Assumed correct starting position: supine, arms were on ground 45 degrees to the side, palms faced down. The chin was tucked and the head was 1 to 2 inches off the ground.			
b. Count 1: Raised straight legs and trunk to form a V-position, using arms as needed.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the V-Up using a MODERATE cadence.			
3. Performed the Mountain Climber.			
a. Assumed the correct starting position: front leaning rest position with the left foot below the chest and between the arms.			
b. Count 1: Pushed upward with the feet and quickly changed the positions of the legs.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated the movements in count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the Mountain Climber using a MODERATE cadence.			
4. Performed the Leg-Tuck and Twist.			
a. Assumed the correct starting position: Seated with trunk straight but leaning backward 45 degrees, arms straight and hands on ground 45 degrees to the rear with palms down. Legs were straight, extended to the front, and 8 to 12 inches off the ground.			
b. Count 1: Raised legs while rotating on to the left buttock and draw the knees toward the left shoulder.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1 in the opposite direction.			
e. Count 4: Returned to the starting position.			
f. Performed the Leg-Tuck and Twist using a MODERATE cadence.			
5. Performed the Single-Leg Push-Up.			
a. Assumed the correct starting position: front leaning rest position.			
b. Count 1: Bent the elbows, lowering the body until the upper arms are parallel with the ground while raising the left leg 8-10 inches off the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1, brought the right leg to 8-10 inches off the ground.			
e. Count 4: Returned to the starting position.			
f. Performed the Single-Leg Push-Up using a MODERATE cadence.			

**Supporting Reference(s):**

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	Yes

**Environment:** Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

**Safety:** In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment condition (if applicable)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

#### Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Reviewed

#### Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1114	Perform Climbing Drill 1 (CL1)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed

#### Supported Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1116	Perform the Guerrilla Drill (GD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1106	Perform the Strength Training Circuit (STC)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1105	Perform the Shoulder Stability Drill (SSD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1107	Perform the Push-Up and Sit-Up Drill (PSD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Reviewed

**Supported Collective Tasks :** None